

# CLOUD-TOWNSEND RESOURCES



## **Loving People, 6: Romance—The Attraction Factor**

**Featuring**

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## I. Romance

Romance in the overall definition of love: seeking and doing what is best for someone else

Reason may have nothing to do with it

<sup>19</sup>*For the good that I want, I do not do, but I practice the very evil that I do not want.*

Don't underestimate the strength and power of romance and love

<sup>24</sup>... *Who will set me free from the body of this death?*

Sex shouldn't be the center of every relationship

—Romans 7:19, 24

Romance should serve love rather than love serving romance

## II. Understanding romance

Definition of *romance*: A temporary idealization of the other that increases passion

<sup>18</sup>*There are three things which are too wonderful for me, four which I do not understand:*

Romance is the glue that helps the marriage digest reality

<sup>19</sup>*The way of an eagle in the sky,  
the way of a serpent on a rock,*

It's important to understand how the other person interprets romance

*the way of a ship in the middle of the sea,  
and the way of a man with a maid.*

Find out what kind of non-romantic needs the other has

—Proverbs 30:18-19

Suspend your point of view and go into their world

Romance is the payoff of love, not the cause of love

A problem: being in love with being in love (romance addiction)

## III. How do you create romance?

- Get into the personal growth process

Healthy people are more attractive to other healthy people

- Love and be loved by others

- Require freedom and space between each other

- Insist on connection before sex

Eye contact, talking about emotions, entering each other's experience

- In sex, pay attention to the other's experience

#### **IV. Withdrawal and withholding of romance**

Sometimes withdrawing is good for spiritual purposes

When else is it appropriate to withdraw?

- When it's a substitute for closeness
- When there's harmful treatment
- When there have been hurtful things in the other's past
- When romance is out of deficit

The best functioning couples have self-control over their passion

*Do not deprive each other of sexual relations, unless you both agree to refrain from sexual intimacy for a limited time so you can give yourselves more completely to prayer. Afterward, you should come together again so that Satan won't be able to tempt you because of your lack of self-control.*

—1 Corinthians 7:5

#### **V. Next steps in romance**

- Integrate sexuality into your conversation
- Bring wise, safe people into the relationship

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## Next week on *Solutions*: “Character Discernment for Dummies, Part 1”

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### Resources

#### BOOKS:

##### *Loving People*

By Dr. John Townsend  
[www.cloudtownsend.com](http://www.cloudtownsend.com)

##### *Who’s Pushing Your Buttons?*

By Dr. John Townsend  
[www.cloudtownsend.com](http://www.cloudtownsend.com)

##### *Hiding from Love*

By Dr. John Townsend  
[www.cloudtownsend.com](http://www.cloudtownsend.com)



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